

Gopi Birla Memorial School 2024-25

GRADE : 12 PHYSICAL EDUCATION

Mr.S.R YADAV / Ms. ARLENE GONSALVES

ANNUAL PLAN

| MONTH | CHAPTERS | PRACTICALS |
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| April | 1. Management of sporting events (Unit 1) 2. Sports and nutrition (Unit 5) | |
| June | 1. Sport and nutrition – contd 2. Children and women in sports (Unit 2) 3. Yoga (Unit 3) | Yogasanas for lifestyle diseases |
| July | 1. Test and measurement in sports (Unit 6) 2. Children and women in sports 3. Physical education & sports for CWSN | Sai khelo india test , brockport physical fitness test |
| August | 1. Physiology & injuries in sports (Unit 7) 2. Physical education & sports for CWSN contd (Unit 4) | |
| September | Revision for terminal examination | |
| October | 1. Psychology in sports (Unit 9) 2. Biomechanics and sports (Unit 8) | |
| November | 1. Training in sports –(Unit 10) 2. Biomechanics and sports – contd | |